

March 2022 Editorial

Angela Rodrigues This issue of the *European Northumbria University, Health Psychologist* magazine is dedicated to aspects, UK

Pamela Rackow opportunities, and barriers around translating health psychology research into UK

practice. As health psychologists, we are working on all aspects of health and well-being, not only through our theoretical lens but also in a very practical way. We are therefore delighted to present the current issue to you because it is at the interface of research and practice. In addition, Warner et al., share their reflections and suggestion about how to make the upcoming EHPS conference in Bratislava more sustainable.

In this issue **Ainslea Cross'** piece is about engaging with health care professionals to integrate health psychology research into practice. Cross reflects on several strategies that health psychologists can use to collaborate with health care professionals such as seeking out collaborations and identifying priorities of the organisations that you want to collaborate with.

Sebastian Potthoff, Dominika Kwasnicka, Ainslea Cross, Urszula Ambrozy, Anne van Dongen, Gill ten Hoor, Keegan Knittle, Jiyoung Park, Gjalte-Jorn Peters, & Noa Vilchinsky are all editors of the Practical Health Psychology blog (PHP), a blog that translates health psychology research into recommendations for practice. In their piece they tell us about their lab series entitled 'Chartering New Territories in Practical Health Psychology' that took place during the 2021 EHPS conference. Moreover, some of the national editors share their tips and process how to translate the blog posts into their first language.

Finally, the authors share some recommendations how to translate health psychology research into practice.

Robert Portman, Andrew Levy, Anthony Maher and Stuart Fairclough share their experience on developing a community-based peer mentorship intervention to support behaviour change in diverse health settings such as "Exercise Referral Schemes" (ERS). The intervention they present is based on the social identity approach and the authors enrich their intervention by also taking the constructs social and peer support into account. Their commentary provides a rationale for grounding a community-based based peer mentorship intervention through the lens of the social identity approach. The authors discuss some common barriers and offer person-centred solutions guided by social identity principles for developing a peer mentorship intervention within an ERS setting.

Roseanna Brady, Anna Moore, & Paulina Kuczynska share their experience delivering a health psychology consultancy during the pandemic. In their piece they outline and reflect on a consultancy focussed initially on addressing vaccine hesitancy amongst the public during the early rollout of Covid-19 vaccines in the UK. Later, this approach was expanded to health care professionals following the UK government vaccine mandate introduced in November 2021.

In their position paper: "Task Force for the Sustainability of EHPS conferences" **Lisa M. Warner, Claudia Teran-Escobar, Anna Janssen, Radomír Masaryk, Lucia Rehackova, Bríd Bourke & Vera Araújo-Soares** on behalf of the EHPS Special Interest Group "Equity, Global Health, and

Sustainability” reflect on the global and environmental impact that scientific conferences have had in the past and the forthcoming EHPS hybrid conference might have. The authors provide excellent information about travel options to Bratislava and about steps that we all can take to make the conference more sustainable. They are also asking the EHPS members for more suggestions and to fill in a brief questionnaire about food preferences.

We hope you enjoy reading this issue as much as we did.

Angela & Pamela



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